

News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO



DECEMBER 1, 2011
VOL. 53, NO. 48

**ARNORTH RELINQUISHMENT OF
COMMAND/
RETIREMENT**
DEC. 2, 10 a.m.
Quadrangle



**MEDCOM
CHANGE OF COMMAND**
DEC. 5, 9 a.m.,
MacArthur Parade Field



"One Team, Supporting Military Missions and Family Readiness!"

Active shooter exercise Dec. 14 at Building 3528R



Courtesy photo

From 1 to 5 p.m. Dec. 14, the 502nd Air Base Wing, 502nd Mission Support Group and San Antonio Military Medical Center will conduct a simulated active shooter/mass casualty exercise on Fort Sam Houston in Building 3528R, Behavioral Health.

The exercise is to train first responders and wing, group and hospital staffs. The exercise will test Fort Sam Houston's incident response and recovery elements and will involve use of the installation mass notification and warning systems including Giant Voice.

All Giant Voice, computer and telephone communications for this exercise will be preceded with clear text announcing "Exercise, Exercise, Exercise."



COMBATIVE TOURNAMENT

Competitors battle it out in the center ring during the 264th Medical Battalion combative tournament Nov. 19 at the Jimmy Brought Fitness Center. See Page 10 for story and more photos.

Retired Gen. Ralph Haines, oldest 4-star general, dies of natural causes at 98

Retired Gen. Ralph E. Haines Jr. (left) and U.S. Army South commanding general Maj. Gen. Simeon G. Trombitas discuss current events during his visit to U.S. Army South's headquarters Feb. 11, 2010.

Photo by Robert R. Ramon



Retired Army Gen. Ralph E. Haines Jr., 98, died Nov. 23 at 12:20 p.m. of natural causes at the San Antonio Military Medical Center.

Haines served as the Vice Chief of Staff of the Army from 1967 to 1968. He also served as the commanding general of 1st Armored Division and as the commanding general of III Corps, both at Fort Hood.

Haines was the oldest living four-star general and senior retired officer. Haines was a strong

advocate for moving the U.S. Army South's headquarters from Fort Buchanan, Puerto Rico, to Fort Sam Houston in 2002.

Born in Fort Mott, N.J., in 1913, Haines was a 1935 graduate of the U.S. Military Academy and served 37 years in the Army. From 1970 to 1973, he was the last commanding general of the U.S. Continental Army Command.

Credited with starting a training program for

noncommissioned officers in the 1960s, Haines is sometimes referred to as the "father of the United States Army Sergeants Major Academy" at Fort Bliss, Texas. Haines also created the Army Expert Field Medical Badge.

Services will be at 10 a.m. Dec. 3 in St. Luke's Episcopal Church, followed by burial at Fort Sam Houston National Cemetery.

(Source: ARNORTH and ARSOUTH Public Affairs)

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'Open season' for federal employee health care runs through Dec. 12

By C. Todd Lopez
 Army News Service

Even if a federal employee is happy with current health insurance, officials say it's probably a good idea to do at least a little research during "open season," which began Nov. 14 and runs through Dec. 12.

The Federal Employee Health Benefits Plan open season refers to the time each year when employees are allowed to change options for health care coverage, including dental and vision insurance.

"A federal employee has many choices between health plans," said Anne Healy, a representative from the BlueCross BlueShield Federal Employee Program.

Healy said employees can choose from a variety of plans, including preferred provider plans, health management organizations, and high deductible health plans.

"There are all different types of options," she said. "If an employee is enrolled in one plan, say an HMO (health maintenance organization), and

they decide they want to change to a PPO (preferred provider organization), the only time they can do that is during the open season."

New federal employees pick a health care plan when they are hired. And existing employees can change their coverage options during "life-changing events" such as getting married or having a baby. But otherwise, employees must wait until "open season" to make changes to their health coverage.

But even if an employee doesn't make changes to health insurance coverage during open season, providers can make changes of their own. And employees should be aware of those changes, because they can reflect on their paycheck come January.

"A couple years ago we had one health carrier that raised its premiums tremendously," said Peggy Schultz, the director of the Army Benefits Center. "We had a lot of unhappy people after open season because by then it's too late to do anything about it.

And it was a significant increase."

Schultz said that federal employees, during open season, should investigate changes being made to their current health, dental and vision plans to ensure that when the New Year rolls around, there will be no surprises in their paycheck.

"People should go out there to investigate with the tools available," she said.

Schultz said some of those tools are available on the "Smart Choice" website that is available at <https://www.plansmart-choice.com>.

Additionally, there is information available on the "Army Benefits Center-Civilian" website at <https://www.abc.army.mil>.

Schultz said that during open season, Army

civilians can look at and modify their health coverage options on the "Employee Benefits Information System" at <https://www.ebis.army.mil>.

Somewhere between 90 and 95 percent of Army civilians use the EBIS site to make changes to their health insurance plans, Schultz said. "They have embraced the automation." Others, she

said, can call the toll-free number available on the site to work with an operator.

Mark Ruddick, a representative of the Kaiser Permanente health care organization, said during open season, federal employees should reassess their health care needs and then look at all the

See **HEALTH, P13**

Weekly Weather Watch						
	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6
San Antonio Texas	74° Partly Cloudy	64° T-Shower	74° T-Shower	58° Showers	54° Showers	57° Partly Cloudy
Kabul Afghanistan	59° Partly Cloudy	57° Sunny	59° Sunny	58° Sunny	54° Scattered Showers	49° Sunny
Baghdad Iraq	62° Sunny	62° Sunny	63° Sunny	63° Sunny	63° Sunny	63° Sunny

(Source: The Weather Channel at www.weather.com)

Edwards Aquifer Level

in feet above sea level
 as of Nov. 29

CURRENT LEVEL * = 650.3'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Joint Base San Antonio water restrictions have been returned to Stage II. As of Oct. 17, the Bexar County index well J-17 was at 651.7 feet. The JBSA Drought Management Plan calls for levels to revert to next higher level after 30 days of being above trigger. The J-17 has stayed above 642.0 feet since Sept. 16.

News Briefs

ARNORTH events

U.S. Army North (Fifth Army) hosts a Tattoo and Retreat Ceremony in honor of Lt. Gen. Guy C. Swan III at 4 p.m. Dec. 1 at the Fort Sam Houston Quadrangle. There is also a relinquishment of command and a retirement ceremony for Swan at 10 a.m. Dec. 2 at the Parade Field located across from the Quadrangle. The uniform for both events is duty uniform for military and business casual for civilians.

FSH Post Exchange closes early Dec. 4

The Fort Sam Houston Post Exchanges closes at 6 p.m. Dec. 4 to support an employee shopping night.

MEDCOM ceremonies Dec. 5

The U.S. Army Medical Command is hosting two ceremonies Dec. 5. At 7:30 a.m., a change of responsibilities ceremony will be held in AMEDD Center & School's Blesse Auditorium, across from the MacArthur Parade Field, where MEDCOM Command Sgt. Maj. Althea G. Dixon hands over responsibilities to Command Sgt. Maj. Donna Brock. Lt. Gen. Eric B. Schoomaker, MEDCOM commander, will officiate the ceremony. At 9 a.m., Schoomaker will relinquish command of the MEDCOM to Maj. Gen. Patricia D. Horoho. This ceremony will take place at the Fort Sam Houston MacArthur Parade Field. Army Chief of Staff Gen. Raymond T. Odierno will officiate at the change of command ceremony.

Walk-In Pet Vaccination Clinic

There will be a Saturday walk-in vaccination clinic for dogs and cats from 9 a.m. to noon Dec. 3 at the Joint Base San Antonio-Fort Sam Houston Veterinary Treatment Facility, located in Building 2535 at 2915 Schofield Road. All animals must be on a leash or in a container. For more information, call 808-6101/6104.

Quarterly Quad Quest

The Quadrangle is the oldest building on Fort Sam Houston and is open to the public. Take part in the Quad Quest from 1 to 3 p.m. Dec. 3 and learn the historical significance of Fort Sam Houston's Quadrangle. Bring picnic baskets, blankets and

See NEWS, P4

MICC officials name deputy to commanding general

By Daniel P. Elkins
MICC Public Affairs

A contracting professional possessing a diverse background of government and private sector experience was named as the incoming deputy to the commanding general for the Mission and Installation Contracting Command Nov. 16.

George M. Cabaniss Jr. will serve as the deputy to Brig. Gen. Stephen Leisenring, the MICC commanding general.

Cabaniss is currently the contracting office chief at Army Contracting Command's Aberdeen Proving Ground Contracting Center-Division B in Maryland.

"Having worked for so many different contracting agencies, I'm able to look at issues from various perspectives and

seek solutions where I can find them," Cabaniss said.

That previous experience includes leadership positions with the Army and Navy as well as the General Services Administration. In addition, he practiced as a trial lawyer for almost 10 years in Atlanta.

"This selection signifies the tremendous contributions George has made in his more than 20 years as a contracting professional and leader," Leisenring said.

"His wealth of contracting experience and leadership will be invaluable in our transformation of generating force contracting into a synchronized line of operation."

Along with the selection of Cabaniss to the position comes appointment to the Senior

Executive Service for demonstrating exceptional skills and abilities in transforming the government.

He is one of approximately 300 members to serve in key SES positions responsible as a link between presidential appointees and the federal workforce.

"I consider it an honor and privilege to be given responsibility for leading the most important resource the Army has -- its people," he said.

Cabaniss replaces April Miller, who has served as the acting deputy to the commander since July 2010 as part of an executive developmental assignment.

Miller now serves as the director of the Mission Contracting Center-Fort Sam Houston. Fort Sam Houston.



George M. Cabaniss Jr. was named as the incoming deputy to the commanding general for the Mission and Installation Contracting Command Nov. 16.
Photo by James W. Foard Jr.

Headquartered at Fort Sam Houston, the MICC is made up of seven regional mission contracting centers, nine mission contracting offices and 27 installation contracting offices throughout the country.

In fiscal 2011, the command executed more than 63,000 contract actions worth almost \$7 billion.

U.S. Army Soldier Show wraps up 2011 tour in new hometown

By Tim Hipps
IMCOM Public Affairs

The U.S. Army Soldier Show – featuring cast member Staff Sgt. Joshua Davis, a Fort Sam Houston supply sergeant – concludes its 2011 tour with performances Dec. 9 and 10 at the Lila Cockrell Theatre.

The U.S. Army Soldier Show is a high-energy 90-minute live musical production that showcases the talents of active-duty Soldiers who were selected by audition from throughout the Army.

Admission to the show is

free on a first-come, first-seated basis at the theatre located at 200 East Market Street, on the east bank of the River Walk at the Convention Center Complex. The shows begin at 7 p.m.

The U.S. Army Soldier Show is presented by Army Entertainment, a division of the Army's Installation Management Command based on Fort Sam Houston.

This year's theme is "Carnival – A Traveling Thank You," according to director Johnny Stewart.

Over the course of the

90-minute show, 20 Soldiers selected from units around the world sing, dance and entertain.

Rather than a standard contemporary production, this year's show draws its inspiration and song selections from many areas of the world.

The carnival concept of the 2011 show takes audiences on a globe-spanning journey to more fun-filled venues in 90 minutes than some folks experience in a lifetime.

From a boardwalk to a fun house to a circus to a county fair to a time machine, Soldier-entertainers take their guests on a song and dance tour of carnivals across America and beyond.

"It's an opportunity to actually take the audience on a journey with us," Soldier Show director Victor Hurtado said.

"And not just to the continental United States -- we have a great international scene."

Africa, Samoa, Latin America, Nepal, with influences from India, Thailand and

China are represented in the song-and-dance extravaganza that plays to the strengths of cast members from several countries.

Each international scene will feature authentic music from that locale.

This Soldier show cast features strong instrumentalists on the violin, drums, guitar, keyboards and bass who will keep the performers on the move as they dance from scene to scene.

One central character keeps the show moving by introducing each scene.

The 2011 U.S. Army Soldier Show's eight-month tour was made possible through sponsorship support provided by Army G-1's Sexual Harassment/Assault Response and Prevention Program and the Navy Federal Credit Union.

The Army Entertainment Division, along with the rest of FMWRC, is relocating from Fort Belvoir to a new headquarters within the Installation Management Command at Fort Sam Houston.



Fort Sam Houston's Staff Sgt. Joshua Davis (left) performs "Nothin' on You" from recording artist B.o.B. during the Fort Belvoir, Va., performance of the U.S. Army Soldier Show April 30.

Photo by Evan Dyson

News Briefs

from P3

stay to enjoy the animals that reside here and the beauty the Quadrangle has to offer. There will be a guided tour of Quadrangle and a chance to climb the clock tower and visit the visitor's center. Volunteers are needed. Call 221-2103 to volunteer.

FSH Museum Closure

The Fort Sam Houston Museum will be closed Dec. 3 due to the Quad Quest. Museum visitors are invited to attend this event at the historic Quadrangle from 1 to 3 p.m. The event is free and open to the public. Call 221-1886 for information.

RCI, LMH Office Closures

The Residential Community Initiatives office and the Lincoln Military Housing office will be closed noon to 3 p.m. Dec. 9, and all day Dec. 26 and Jan. 3.

Legal Office Closures

The 502nd Mission Support Group Legal Office at 2271 Reynolds Road will close Dec. 16 for an official function, with normal operating hours resuming Dec. 19. For emergencies, call the Command Post at 295-8817.

The U.S. Army Soldier Show

The U.S. Army Soldier Show returns to the Alamo City with a 90-minute live musical performance at 7 p.m. Dec. 9 and 10 at the Lila Cockrell Theatre on 200 East Market Street in downtown San Antonio. The Soldier Show is free and open to the public. The troops in the performance were selected from installations worldwide to come together for a night of music and dance. Parking is available across the street from the theatre at the parking garage for \$8 and also parking at the Hyatt Regency for \$9.

Joint Service Holiday Chorus

The Band of the West featuring the Joint Base San Antonio Holiday Chorus will perform on at 3 p.m. Dec. 17 and 18 at Edgewood Independent School District Theatre for the Performing Arts at 607 Southwest 34th Street in San Antonio. The band and the chorus will fill the theater with some favorite traditional and contemporary holiday selections.

Wreaths Across America needs volunteers in SA

Wreaths Across America is a nonprofit organization founded to continue and expand the annual wreath laying ceremony at Arlington National Cemetery begun by Maine businessman, Morrill Worcester, in 1992.

The organization is seeking volunteers to help lay wreaths on the graves of service members at military cemeteries at 11 a.m. Dec. 10. Both Fort Sam Houston National Cemetery (115,000 gravesites) and the San Antonio National Cemetery (3,163 gravesites) are participating in this program.

According to their website, the organization's mission is

to "Remember, Honor, Teach," which they carry out in part by coordinating wreath laying ceremonies on the second Saturday of December at Arlington, as well as veterans' cemeteries and other locations in all 50 states and beyond.

To volunteer at the Fort Sam Houston National Cemetery, call 861-8037. To volunteer at the San Antonio National Cemetery, call 365-7312. To register online, go to <http://www.wreathsa.com>.

(Source: Joint Force Headquarters National Capital Region Public Affairs)



Photo by Veran Hill

Wreaths Across America is seeking volunteers to help lay wreaths on the graves of service members at military cemeteries.

Fort Sam Houston holiday hours, closures

Golf Course

Dec. 24: 6:45 a.m.-noon
Dec. 25: Closed
Dec. 26-30: 6:45 a.m.-7:30 p.m.
Dec. 31: 6:45 a.m.-noon
Jan. 1: Closed

Bowling Center

Dec. 11: 2-9 p.m.
Dec. 12: Closed
Dec. 13-16: 11 a.m.-9 p.m.
Dec. 17: 11 a.m.-midnight
Dec. 18: 2-9 p.m.
Dec. 19: Closed
Dec. 20-22: 11 a.m.-6 p.m.
Dec. 23-26: Closed
Dec. 27-29: 11 a.m.-6 p.m.
Dec. 30-Jan. 2: Closed

Equipment Center

Dec. 11: Closed
Dec. 12-15: 8 a.m.-5 p.m.
Dec. 16: 7:30 a.m.-noon
Dec. 17-18: Closed
Dec. 19-22: 8 a.m.-5 p.m.
Dec. 23-26: Closed
Dec. 27-29: 8 a.m.-5 p.m.
Dec. 30-Jan. 2: Closed

Auto Craft Shop

Dec. 1-11: 9 a.m.-5 p.m.
Dec. 12-13: Closed
Dec. 14-15: 1-9 p.m.

Dec. 16: 8 a.m.-noon
Dec. 17-18: 9 a.m.-5 p.m.
Dec. 19-20: Closed
Dec. 21: 1-9 p.m.
Dec. 22: 9 a.m.-9 p.m.
Dec. 23: 1-9 p.m.
Dec. 24-27: Closed
Dec. 28: 1-9 p.m.
Dec. 29: 9 a.m.-9 p.m.
Dec. 30: 1-9 p.m.
Dec. 31-Jan. 3: Closed

Equestrian Center

Dec. 1-11: 7 a.m.-5 p.m.
Dec. 12-16: 8:15 a.m.-5 p.m.
Dec. 17-18: 7 a.m.-5 p.m.
Dec. 19-23: 8:15 a.m.-5 p.m.
Dec. 24: 7 a.m.-5 p.m.
Dec. 25: Closed
Dec. 27-30: 8:15 a.m.-5 p.m.
Dec. 31: 7 a.m.-5 p.m.
Jan. 1-2: Closed

Camp Bullis Outdoor Recreation Area

Dec. 11: 4 a.m.-8 p.m.
Dec. 12: 5 a.m.-4 p.m.
Dec. 13-14: Closed
Dec. 15: 5 a.m.-4 p.m.
Dec. 16: 5 a.m.-8 p.m.
Dec. 17-19: 4 a.m.-noon
Dec. 20: Noon-8 p.m.
Dec. 21: 4 a.m.-noon

Dec. 22: Noon-8 p.m.
Dec. 23-26: Closed
Dec. 27: Noon-8 p.m.
Dec. 28: 4 a.m.-noon
Dec. 29: Noon-8 p.m.
Dec. 30: 4 a.m.-noon
Dec. 31-Jan. 4: Closed

Hacienda Recreation Center

Dec. 1-11: 1-9 p.m.
Dec. 12-15: 7 a.m.-noon
Dec. 16: 7 a.m.-10 p.m.
Dec. 17: 1-10 p.m.
Dec. 18-Jan. 1: Closed

RV Park

Dec. 1-11: 10 a.m.-3 p.m.
Dec. 12-15: 9 a.m.-4 p.m.
Dec. 16: 7:30 a.m.-noon
Dec. 17-18: 10 a.m.-3 p.m.
Dec. 19-22: 9 a.m.-4 p.m.
Dec. 23: Closed
Dec. 24: 11 a.m.-2 p.m.
Dec. 25-26: Closed
Dec. 27-29: 9 a.m.-4 p.m.
Dec. 30: Closed
Dec. 31: 11 a.m.-2 p.m.
Jan. 1-2: Closed

Sam Houston Community Center

Dec. 19-Jan. 2: Closed

Harlequin Dinner Theater
Dec. 19-Jan. 2: Closed

Jimmy Brought Fitness Center

Dec. 24: 5 a.m.-5 p.m.
Dec. 25: Closed
Dec. 31: 5 a.m.-5 p.m.
Jan. 1: Closed

Central Post Gym
Under Renovation: Closed

Brigade Big Area Tent
Dec. 17-Jan. 2: Closed

Camp Bullis Gym
Dec. 17-Jan. 2: Closed

Fitness Facility on METC
Dec. 24-25: Closed
Dec. 31-Jan. 1: Closed

Rocco DEFAC

Exodus Weekday: breakfast, 6:15-8:15 a.m.; lunch: 11 a.m.-1 p.m.; dinner 5-6:30 p.m.
Exodus Weekend and Holiday: breakfast 9:30
Lunch 12-1:30 -
Dinner 5-6:30

Slagel DEFAC

Dec. 17: Breakfast only
Dec. 17: After Breakfast
Jan 2: Closed

METC DEFAC

Dec. 17-Jan 2: Closed

Camp Bullis DEFC

Dec. 17-Jan 2: Closed

Keith A. Campbell Memorial Library

Dec. 16-17: 9 a.m.-6 p.m.
Dec. 23: 9 a.m.-6 p.m.
Dec. 24-25: Closed
Dec. 26-30: 9 a.m.-6 p.m.
Dec. 31-Jan. 2: Closed

Education and Training Center

Dec. 23: Closed
Dec. 26: Closed
Dec. 30-Jan. 2: Closed

MANPOWER AND PERSONNEL FLIGHT

Dec. 23: Closed
Dec. 26: Closed
Dec. 30-Jan. 2: Closed

3 x 4.75 AD

3 x 4.75 AD

6 x 4.75 AD

3 x 9.75 AD

3 x 4.75 AD

3 x 4.75 AD

Wireless vital signs monitor approval enters final phase

By Steven Galvan

U.S. Army Institute of Surgical Research Public Affairs

Combat medics could soon have a new vital signs monitor device added to their first aid kits to help them accurately evaluate and track the condition of wounded warriors from the point of injury on the battlefield and throughout the medical evacuation process to an emergency room.

The FDA-approved Wireless Vital Signs Monitor, designed by a partnership of the U.S. Army Institute of Surgical Research, the U.S. Office of Naval Research, and Athena GTX, began the final phase of approval in September with clinical trials at the Memorial Herman-Texas Medical Center emergency department and on the Life Flight air critical care medical transport service, both located in Houston.

The WVSM is a small, lightweight device that measures and records a

patient's electrocardiogram; heart rate; pulse oximeter; and non-invasive systolic, diastolic, and mean blood pressures.

The information can then be transmitted to a medic's laptop, smart phone or electronic tablet where it calculates additional patient information (e.g., trends, pulse pressure, shock index, heart rate variability and complexity indices, and the percentage probability of needing a life saving intervention using technology that incorporates artificial intelligence and advanced artificial neural networks).

"This device incorporates technology developed at the ISR to provide users with information on the patient condition, not just raw data from the patient sensors," said Jose Salinas, Ph.D., research Task area program manager, Combat Critical Care Engineering at the USAISR. "It's the first monitor that incorporates artificial

intelligence and machine learning technology."

The WVSM is strapped on to a patient's arm or leg and captures all vital signs from the point of injury and is capable of transmitting and downloading the information to a hospital's emergency department monitoring system.

Unlike current monitoring devices that only provide medics with a basic set of vital signs, the WVSM tells medics when a patient's condition is getting worse even though there aren't outward physical signs.

"If a patient has lost a lot of blood, standard vital signs may not fully represent how he is doing," Salinas said. "Our bodies compensate for blood loss through different mechanisms that can mask the true severity of



the injury."

The WVSM trial is being funded through a grant from the State of Texas Emerging Technology Fund and is being administered by the National Trauma Institute.

This collaborative effort is also allowing engineers at the USAISR and the Army to develop the next generation of the

WVSM by incorporating state-of-the-art computer technology with advanced digital signal processing algorithms to produce a new generation of smart vital signs monitors.

"We are working on making it better," Salinas said. "We can expect a new version in one to two years."

The current WVSM

The Wireless Vital Signs Monitor, designed by a partnership of the U.S. Army Institute of Surgical Research, the U.S. Office of Naval Research, and Athena GTX, is in use during a simulated combat trial.

Photo by Michael Weslander

utilizes electronic wires to connect the pulse oximeter that attaches to a patient's finger and the electrodes that are placed on the chest. These wires could get cut or damaged during treatment or while removing garments from the patient.

"The new version will

See WIRELESS, P13

JROTC CADETS OBSERVE FUTURE MEDICS TESTING



Photo by Esther Garcia

Army Junior ROTC cadets from McCollum High School react to the sound of an explosion as they watch Soldiers from the 32nd Medical Brigade go through their war lanes during their final test on the way to becoming a combat medic at the Soldier Medic Training Site at Camp Bullis Nov. 9. The 97 cadets observed the medics treating various simulated wounds in the triage area, placing the wounded on litter carriers, preparing IVs, placing patients in an ambulance and more. Capt. Anthony Foat, commander of Company A, 232nd Medical Battalion, explained each scenario to the students. Following the visit at Camp Bullis, the cadets had lunch at Rocco Dining Facility.

LEARNING THE MILITARY WAY



Photo by Kathy Salazar

Spc. Adalberto Rivera (left), Headquarters and Headquarters Company, Army Support Activity, shows Pleasanton High School Junior ROTC Cadet Jasmine Lopez how to perform flag duty for a funeral service at the caisson unit Nov. 16. This is the first year Pleasanton High School has had a JROTC program and their visit to Joint Base San Antonio-Fort Sam Houston provided information on what the military has to offer them. The cadets visited the Department of Combat Medic Training Army Medical Department Museum and had lunch with service members during their tour.

Deadlines to mail Christmas packages approaching

By C. Todd Lopez
Army News Service

If you want to send cookies or crocheted underwear to your Soldier, Sailor, Airman or Marine overseas and have it in his hands before Christmas, the time to drop it in the mail is now – or at the latest, Dec. 17.

There's actually a range of deadlines the Military Postal Service Agency has established to ensure before-Christmas delivery of packages and letters to service members in deployed locations.

To get mail to a service member by Christmas at APO/FPO/DPO AE 090-092, 094-098, 340, or 962-966, the latest a package can be sent to arrive on time is

Dec. 17 – that means senders have to pay for Express Mail. If senders have already got packages ready and they want to send earlier – and pay less – they can put them in the mail by Dec. 10 and pay for either 1st Class or Priority mail.

Mail to APO/FPO/DPO AE 093 must be sent by Dec. 3, regardless of the class of mail service used.

Mail sent to deployed service members is handled almost entirely by commercial contractors -- almost. By the time it reaches what the Army calls “the last tactical mile,” however, it might also be handled by Soldiers, Marines, Sailors or Airmen.

“Once it gets into Afghanistan the mili-

tary postal folks will sort it, to get it out to the different combat outposts,” said Peter Graeve, with the Military Postal Service Agency. Getting it out to the combat outpost, he said, might involve “a military helicopter or a ground convoy – or whatever access they have available at that level to get it out to the furthest reach of the spear.”

Where it used to take weeks or months to deliver mail to deployed Soldiers, it now can be done in days, Graeve said. That's good for moms, spouses, significant others and Soldiers.

“It's a real morale booster, a touch of home, if you are sitting out there in a combat outpost and

getting shot at and you get a card from home,” Graeve said. “A little perfume from your wife or girlfriend means a lot to a person that is under a lot of stress out there. Getting some cookies when you're used to eating MREs (meals, ready-to-eat), that's a good thing. We try to keep that in mind when we are processing the mail out to the folks.”

Those sending mail to overseas locations should also consider that customs forms may need to be filled out before items can be sent.

More information about military mail and mailing dates can be found at: <http://hq-dainet.army.mil/mpsa/>

NEWS from P4

Schertz Medical Home changes operating hours

Beginning Feb. 6, 2012, the Schertz Medical Home will change their operating hours to 8 a.m. to 5 p.m. For more information, log into www.bamc.amedd.army.mil/departments/schertz-medical/

FSHISD Board of Trustees Nominations

Fort Sam Houston Independent School District is accepting nominations for two positions on the Board of Trustees. Nominees for the Board of Trustees may be a service member, military Family member or a civilian employee residing or employed on fort Sam Houston. Nominees should have an anticipated retention date at this location through Jan. 15, 2014; be a registered voter and have been a resident in the state of Texas for 12 months on or before Jan. 15, 2012. Individuals nominated must volunteer and be willing to serve on the Board of Trustees without pay. Nominees must submit their resume and memorandum by close of business Dec. 16. For more information call 221-2214 or 295-4806.

Wilford Hall ASC/SAMMC down days

The Air Education and Training Com-

mand has designated Dec. 23 and Dec. 30 as “down days” for military personnel. This will affect most of the clinics/services at Wilford Hall Ambulatory Surgical Center. Patients should contact their respective clinic/department before coming to Wilford Hall on these days. At the San Antonio Military Medical Center, these days will be “training days,” and many clinics and some services may also be affected.

Complete Joint Base Travel Survey; win prizes

The 502nd Air Base Wing is conducting a Traffic Points of Origin study to evaluate military, retiree and civilian population traffic patterns at Lackland and Randolph Air Force Bases, Fort Sam Houston and Camp Bullis. All Joint Base San Antonio active-duty service members, Reserve, Department of Defense civilians and contractors, retirees, and dependents age 18 and older who travel on and around Joint Base San Antonio installations are eligible to participate in the survey. Each respondent will receive a coupon for a free cup of coffee at any JBSA AAFES Express store and automatically be entered to win one of three prizes: a \$100 gas card, or one of two \$50 exchange gift cards. The survey is online at <https://www.surveymonkey.com/s/JBSAsurvey>.

130 Soldiers compete in 264th Medical Battalion combative tournament

By Esther Garcia
AMEDDC&S Public Affairs

Soldiers from Bravo Company, 264th Medical Battalion battled their way to first place overall at the battalion's combative tournament Nov. 19 at the Jimmy Brought Fitness Center, taking home the best combative company trophy and a guidon streamer.

More than 130 out of the 750 students at the gym battled on two large mats to qualify for the finals and then into the center ring for the finals. That total included approximately 45 females, competing in seven categories.

Amid the cheering and loud music in the background, competitors competed in flyweight, lightweight, welterweight, middleweight, cruiserweight, light heavyweight, and heavyweight categories.

"It is a really good experience when you compete for the first time," said first-time competitor Pfc. Amanda Godbout, Company C. "Next time I won't be so nervous. It prepares you

for what you are going to do next. It's good knowledge to have, especially in a bad situation."

"The 264th has combative tournaments twice a year, due to personnel turnover, to keep the combative spirit up," said Lt. Col. Timothy Hudson, commander, 264th Medical Battalion.

"We teach modern Army combatives for all of our students, this is part of their training," Hudson added. "It allows them to get out and test their skills, and fosters the competitive nature of the warrior spirit bond. It is not the individual on the mat, it is how that link is between that individual is to their companies in the stands, more like one unit."

"That teamwork is hard to explain in any other way but that it is competitive opportunity and they see that they lose as a team and win as a team," Hudson said. "There are no individuals here, even though there only two individuals on the mat."

"Combatives keeps your



Photos by Esther Garcia

Wearing their company's colors, students filled the bleachers at Jimmy Brought Fitness Center and cheered, sang, danced and waved banners for their favorite competitors at the 264th Medical Battalion Combative Tournament Nov. 19.

confidence up," Godbout said. "Whether you win or lose, if your company is there with you, it is going to keep your confidence up."

Hudson said all the competitors are volunteers and must compete within their companies in their weight class to compete in the tournament. Another tournament in the spring will identify those who will compete in the 32nd Medi-

cal Brigade combative tournament.

Hudson and Command Sgt. Maj. Anthony Ashford presented first-, second- and third-place medals. All first-place winners also received the Army Achievement Medal.

"It was an opportunity to get some sweat on the ground," Ashford said.



More than 130 competitors, including approximately 45 females, competed in seven categories during the 264th Medical Battalion Combative Tournament Nov. 19 at Jimmy Brought Fitness Center.



Lt. Col. Timothy Hudson, commander, 264th Medical Battalion, presents first-, second- and third-place medals to the winners in all categories.



Capt. Joseph Taylor, commander, Company B, 264th Medical Battalion, holds up the best combative trophy for first place along with adding the prestigious streamer to the company's guidon. Company C placed second and Company D placed third.

AMEDDC&S Mission Thanksgiving a success

By Esther Garcia
AMEDDC&S Public Affairs

More than 250 families from the San Antonio community came to MacArthur Parade Field on the morning of Thanksgiving Day to take more than 500 Soldiers home and share Thanksgiving Day activities with them.

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center and School, said during his address to the families, "Americans can be thankful for many things. I am thankful for you."

For most of these Soldiers this was their first Thanksgiving away from home.

"We appreciate your support of their service. Less than one percent of the American public serves in the military," said Col. William LaChance, 32nd Medical Brigade commander. "These Soldiers in formation in front of you are willing to do what so many others wouldn't do. They place service ahead of themselves."

At Valero Energy Corporation's corporate headquarters on the north side of San Antonio, employees hosted a traditional holiday meal for 420 Soldiers from the 32nd Medical Brigade. This is the seventh year Valero has hosted Soldiers.

This year's event saw the largest crowd ever, with servicemen and women filling an entire floor of a building at Valero's headquarters, while 200 Valero volunteers and their families served food and provided door prizes and entertainment.

The "High Octane" band – made up of Valero employees – entertained the guests. Additionally, the "Military's Got Talent" contest introduced at last year's event was back by popular demand.

Big screens displayed the day's football games and parades as volunteers took turns dishing out more than 250 pounds of turkey, 150 pounds

of ham, 125 pounds of potatoes, and 100 pounds each of green beans, corn and dressing along with gravy, rolls and a full dessert buffet to the roomful of hungry guests.

"Thanksgiving with the Troops is truly a unique and uplifting volunteer event," said Eric Andres, an information specialist at Valero and this year's volunteer coordinator.

"It amazes me that on a holiday normally reserved for food, family, relaxing and giving thanks, we have more than 200 volunteers – including employees and their families – that have chosen to give back and serve the men and women who make so many sacrifices to keep us safe here at home

"It is the least we can do to give our Soldiers a 'home away from home' for a few hours," Andres added.

"It's sad to be away from home, but it is nice to have this opportunity to get together and celebrate with other people and spend time with everyone else," said Pvt. Amanda Kurowski from Illinois.

"We here at Valero appreciate the service and sacrifice you guys are providing," said Rich Walsh, senior vice president and deputy general counsel for litigation and regulatory law during the welcome ceremony. "We really appreciate



and value our Armed Forces and service that you guys are undertaking for our freedom."

"This day is not about me or the 420 Soldiers in attendance, but about Valero and the 200 volunteers who are taking care of you today," Rubenstein said. "Valero is a huge corporation, a global corporation that is very rooted in the San Antonio community and has a very active volunteer program. When it is time to sign up for this event, it is filled in a matter of minutes with a waiting list."

Pfc. Terry Stevens from Florida said, "It is pretty nice for someone to put this event together and show their appreciation to us."



Photo by Phil Reidinger

Mia Adams (right) hosts (from left) Pfc. Karolynne Baptiste, Spc. Felicia Neeley, Spc. Wendy Tuquier and Pvt. Imani Williams for Thanksgiving. Adams said she planned to serve chitlins, collard greens, ham, macaroni and cheese, sweet potato pie and potato salad.

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center and School, presents a memento to Laura Vaccaro, president of the Valero Volunteer Council for her coordination of Valero's 7th annual Thanksgiving with the Troops. Pictured are (from left): Eric Andres, coordinator; Connie Harrison, co-coordinator; Jamie Baker, committee chair; Laura Vaccaro and Rich Walsh, senior vice president and deputy general counsel for litigation and regulatory law for Valero.

Photo by Esther Garcia



Photo by Phil Reidinger

The Marszalek family greets Pfc. Alexis Aragon and Pvt. Deseree Carr. Connie Marszalek said that they decided to bring Soldiers home with them for the first time this year since they have relatives in the military. "We will have a Mexican style breakfast and then a traditional dinner with turkey and the usual side dishes, to include homemade apple pie. We also will take them to the Riverwalk after dinner to show them the sites downtown," she said.



Photo by Esther Garcia

Soldiers enjoy a card game before Thanksgiving lunch at Valero's 7th annual Thanksgiving with the Troops.

MilConnect is new online portal for Department of Defense beneficiaries

By Cheryl Pellerin
American Forces Press Service

A range of information about Defense Department benefits information and eligibility is now available online, according to the director of the Defense Manpower Data Center.

Two new online efforts – milConnect and eCorrespondence – give beneficiaries 24/7 access to personnel information; the ability to update information related to health, education and other benefits; and email notifications about changes in benefits, Mary Dixon told American Forces Press Service.

“At the Defense Manpower Data Center, one of our many responsibilities is to be the interface with beneficiaries,

especially on benefits and eligibility for benefits,” Dixon said.

MilConnect, available online and through a mobile application for the Android smart phone, was known for a year as the mydodbenefits website.

The revamped milConnect site is available online, around-the-clock, to all DOD beneficiaries and their spouses and children age 18 or older.

Users can sign on in several ways, Dixon said.

Anyone who has a common access card, a Defense Finance and Accounting Services myPay account logon, or a DOD Self-Service or DS logon can sign in on the MilConnect website, or apply at the site for a DS logon.

MilConnect information comes from the Defense

Enrollment Eligibility System called DEERS.

Eligible users are active duty, National Guard and Reserve members; and military retirees, spouses and eligible family members age 18 and older.

Sponsors can view information about all dependents listed in DEERS but for now eligible dependents can see only their own information.

Beneficiaries who use milConnect, Dixon said, can update DEERS contact information, manage health care enrollments, locate the nearest military ID card issuing facility, view personnel information, transfer education benefits to eligible family members, view group life insurance information, and manage other information.

Army National Guard, Air Force Reserve and Air National Guard can update civilian employment information.

The mobile application works today on Android phones, but Dixon said her center is in the process of making MilConnect available for iPhones and other smart phones and mobile devices.

The smart phone app lets users find sites for the Real-time Automated Personnel Identification System called RAPIDS, where military members receive new ID cards, military treatment facilities, and contact information for Tricare regional offices.

Related to milConnect, Dixon said, is an initiative called eCorrespondence that will use email notifications of changes

in benefits rather than postal service letters for active-duty service members and National Guard and Reserve service members on periods of active duty.

Email notifications will be sent to the email address associated with a service member's common access card, Dixon said.

Beginning this month, service members will receive email notifications of a change in TRICARE primary-care manager, of potential eligibility changes when a child turns 21 or 23, and of the ability to view or print a TRICARE enrollment card and welcome letter after enrollment into a TRICARE medical or dental program.

The email notifications will refer service mem-

bers to the milConnect web portal.

Service members will be able to check TRICARE eligibility and information through the MilConnect portal, whether or not they receive an e-mail notification.

Dixon said service members also can opt out of the email notifications.

“We’re hoping to continue to expand both the things that we let you know by email ... and to expand to other kinds of benefits changes and to additional populations,” she said, including retirees.

“It’s a little bit hard with retirees because we don’t necessarily know their email addresses,” she added.

“But that’s something they can enter into the system on milConnect.”

Sam Houston H.S. player makes Army All-American Bowl history

By Lisa A. Masters

U.S. Army Recruiting, San Antonio

With the selection of Javonte Magee, Sam Houston High School became the first school in U.S. Army All-American Bowl history to have a player selected in consecutive years.

Magee, a defensive lineman, is originally from Louisiana and relocated to San Antonio with his family after Hurricane Katrina.

The bond between the Magee family is strong; Javonte's little brother, Damien, was at his side on stage throughout the selection ceremony.

Sgt. 1st Class Ayauna Barnes made the historic announcement, calling Magee "a dedicated and hard-working student that has overcome numerous obstacles to stand here today to receive the All-American Bowl Colors."

As Barnes announced his name, Magee moved slowly to the podium

and said, "I would like to thank God, my family, coaches, teammates, teachers and especially the student body for my success here at Sam Houston High School."

He donned the traditional All-American Bowl jersey and cap, and returned to his seat giving his little brother a joyful hug. Damien's

smile showed the love and respect he has for his big brother.

The next individual introduced was Magee's coach, Gary Green. Coach Green, an ex-NFL player, Baylor Bear, and Sam Houston High School alumni.

Green said he took Magee under his wing because his action on

and off the field was noticed by coaches and teachers alike.

"Javonte is successful because he would volunteer to be tutored during, after school and on the weekend to enhance his chances as an All-American Bowl selectee and to have the opportunity to get that scholarship he wanted so badly," the coach said.

"For this high school to have two students chosen in consecutive years is unheard of throughout the United States," said Green, in his fourth year as Sam Houston High School head football coach.

"I am so proud of every 'East Side' student," he added. "You are all my children and I thank you for your accomplishments."

Officials also named Green as an assistant coach for this year's Army All-American Bowl West team.

The U.S. Army All-American Bowl takes place at noon Jan. 7, 2012, at the Alamodome.

For more information on the bowl game, click on <http://www.usarmyal-americanbowl.com/>.

WIRELESS from P7

eliminate these wires," Salinas said. "This device and all of the research projects at the ISR are all aimed at optimizing combat casualty care and minimizing preventable death for our combat wounded."

HEALTH from P2

options available to them.

"What's important for them – that's part of my dialogue when I meet with a potential member – it is not necessarily to sell a plan to them, but to really find what they are looking for.

"Buying health insurance is a very personal issue," Ruddick said. "So what's important to you might not be important to me. So it's having a conversation with somebody, as they look at all this information. Is it choice of physician, is it the cost of the plan, it is having them on an integrated network?"

According to the Office of Personnel Management website, most Federal Employee Health Benefit plans will see benefits and rate changes beginning in January 2012. Some plans are dropping

The USAISR is committed to optimizing combat casualty care by focusing on providing requirement-driven combat casualty care medical solutions and products for injured soldiers from self-aid through definitive care across the full spectrum of military operations.

out, for instance, and some plans are changing their coverage area.

"It is wise to review your coverage during this period to decide what coverage and premium best suits your needs for the upcoming year," the website reads.

Information from OPM can be found at <http://www.opm.gov/insure/openseason>. Included there is information about health, dental and vision plans, as well as information about flexible spending accounts.

A flexible spending account allows an employee to set aside untaxed money to use for authorized medical expenses. Employees who use flexible spending accounts must enroll each year to continue participating.

The OPM website also offers several video seminars online regarding the 2012 open season.



Photo by Lisa A. Masters

Javonte Magee of Sam Houston High School (second from left) poses with Sgt. 1st Class Ayauna Barnes, San Antonio Southeast Recruiting Station recruiter; Lt. Col. David Grant, commander, San Antonio Recruiting Battalion; and Capt. Jonathon Ladson, San Antonio East Recruiting Company commander, after his selection for the U.S. Army All-American Bowl.

Force Support Squadron

Family & MWR

Announcements

Operation Rising Star

Watch the top 12 competitors from around the world battle in the Army's premiere vocal competition and be part of the live televised audience for the Operation Rising Star final competition Dec. 10, 12, 14, and 16 at 7 p.m. at the historic Fort Sam Houston Theater. Seating is limited for this free event. Tickets are available at the FSH Ticket Office. Visit <http://www.oprisingstar.com>.

Fall in Love with Reading

Now through Dec. 9 read the

Pulitzer Prize winner, "Empire Falls" by Richard Russo and visit <http://bit.ly/love2read> to join the Keith A. Campbell Memorial Library's online book club. Call 221-4702.

"Let's Twist Again"

Shows are Thursday, Friday and Saturday through Dec. 17 at the Harlequin Dinner Theatre. Dinner begins at 6:15 p.m. with an 8 p.m. show time. Call 222-9646.

Microsoft Office Classes

Dec. 1 - Introduction to Computers
Dec. 7 - Word Level 1
Dec. 8 - Word Level 2
Dec. 13 - Excel Level 1
Dec. 14 - Excel Level 2
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon.

Registration is required, call 221-2518/2705.

Calendar of Events

Dec. 1 Tree Lighting Ceremony

The post will officially launch the holiday season at the annual tree lighting ceremony, 5-8 p.m. at the post flagpole on Stanley Road. Get warmed up for a jolly holiday with hot cocoa and cookies, a visit from Santa, arts and crafts bazaar, merry tunes from the 323rd Army Band "Fort Sam's Own" and a recitation of Clement Moore's "Twas the Night Before Christmas." Call 221-9904 for more information.

Dec. 2 Man of the House

The class is noon-1 p.m. at the Roadrunner Community Center,

Building 2797. Lunch is provided. To register, call 221-0349.

Post Deployment Planning

The class is 5:30-7:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Dec. 5 Unit Family Readiness

The class is 9-10 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Negotiating Conflict

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349/2055.

Scream Free Parenting

Classes are Dec. 5, 8, 12 and

15 from 11 a.m.-1 p.m. at the San Antonio Federal Credit Union on Stanley Road. To register, call 221-0349 or 295-0313.

Bank Account Management

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Auditions for Legacy Ball

The 2011 African-American Heritage Committee would like to invite all vocalists and musicians, military or civilian, to audition to be a part of the talent portion of the 3rd Annual Legacy Ball on Feb. 18 at the JW Marriott Resort & Spa. The auditions will take place Dec. 5, 3:30-7 p.m. at Randolph's Airman & Family Readiness Center. Call 652-3256.

Dec. 6 Budget Development

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1612.

Girls Talk

The class is 4-4:30 at Child and Youth Services. Call 221-0349/0655.

Family Readiness Group Leaders'/Support Assistant Forum

The forum is 6-7:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1829/0946.

Dec. 7 Couponing

The class is 9-11 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.



Announcements

Retired cats need homes

The Animal Health Branch of the Department of Veterinary Science has five cats for adoption. They have been part of the 68T10 (Animal Care Specialist) training program and are being retired. There are four male cats and one female ranging in age from 2 to 8 years and they are in good health. There is no adoption fee but the department does require that the individual complete an adoption form. Call 221-5435 for more information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family

members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoast-host.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month

at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-1732 or 221-0144.

Calendar of Events

Dec. 3 Boerne Christmas Walk

The Randolph Roadrunners Volksmarch club will host a 5k and 10k walk starting at the St. John's Lutheran Church, 315 E. Rosewood

Avenue in Boerne. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 493-8543 or visit <http://www.randolphroadrunners.info>.

Smithville Festival of Lights Walk

The Smithville Volkssport Club will host a 5k and 10k walk starting at the Smithville City Hall, 317 Main Street in Smithville. Walks start between 1- 3:30 p.m., finish by 6:30 p.m. Call 512-237-2313 or email chamber@smithvilletx.org.

Dec. 8 Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7:30 a.m. at the International House of Pancakes (IHOP), 3820 Broadway. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 221-7327 or 666-9818.

FSHISD WEEKLY CAMPUS ACTIVITIES

Fort Sam Houston Elementary School

Dec. 6

Elementary School Student Council meetings in the library, 3:15-4:30 p.m.

Dec. 8

College T-Shirt Day
Christmas Around the World program, 6 p.m.

Progress reports send home

Robert G. Cole Middle and High School

Dec. 4

Band/Choir Quarter Auction, Cole Cafeteria/HS Mall, 3-5 p.m.

Dec. 5

Cole Band ATSSB Region Clinic/Concert, Canyon Lake HS, 8 a.m.
Boys Soccer vs. Feast at Pepsi Fields, 6 p.m.

Dec. 6

Boys Basketball at Hondo, JVB/

JVA/V, 5, 6:30, 8 p.m.
Girls Basketball, JV/V vs. Natalia, 5, 6:30 p.m.

Dec. 7

JROTC Battalion Drill Competition, 4-5:30 p.m.

Dec. 8

Girls Basketball Varsity Tournament at Pearsall
Cole Green Table Lunch
Girls Soccer at St. Mary's, 5 p.m.

Dec. 9

NHS Habitat for Humanity project
Boys Basketball Tournament at

Hondo
Girls Basketball Varsity Tournament at Pearsall
Boys Soccer at St. Mary's Hall, 5 p.m.
Eighth Grade Exploring Careers Students, 8:30 a.m.-2:30 p.m., JA Finance Park

Dec. 10

JROTC Drill Meet at John Jay HS
Boys Basketball Varsity Tournament at Hondo
Girls Basketball Varsity Tournament at Pearsall

Rocco Dining Facility Menu Building 2745, Schofield Road

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.

Friday – Dec. 2
Lunch – 11 a.m. to 1 p.m.

Old fashioned bean soup, cream of chicken soup, Creole chicken, beef stroganoff, French bread cheese pizza, blackened fish, mashed potatoes, rice pilaf, collard greens, lima beans, glazed carrots

Dinner – 5 to 7 p.m.
Honey-glazed Cornish hens, beef stir fry, salmon croquettes, vegetable stuffed peppers, baked redskin potatoes, long grain and wild rice, Brussels sprouts parmesan, corn on the cob

Saturday – Dec. 3
Lunch – noon to 1:30 p.m.

French onion soup, cream of mushroom soup, turkey pot pie with biscuits, grilled ham steaks, parmesan baked fish, vegetable egg rolls, brown rice, Franconia potatoes, herbed green beans, cauliflower combo
Dinner – 5 to 6:30 p.m.

Beef tacos, barbecued chicken, spaghetti with meat sauce, Italian pasta and broccoli, Mexican rice, garlic roasted potato wedges, hacienda corn and black beans, spinach

Sunday – Dec. 4
Lunch – noon to 1:30 p.m.

Cream of broccoli soup, midwestern tomato and rice soup, Swedish meatballs, chopstick tuna, grilled citrus chicken breasts, spinach tortellini with marinara, steamed rice, mashed potatoes, cauliflower au gratin, succotash, okra and tomato gumbo

Dinner – 5 to 6:30 p.m.
Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, grilled cheese sandwiches, chipotle chicken pannini sandwich, black bean veggie burgers, mashed potatoes, sweet potatoes fries, vegetable stir fry, cauliflower combo, baked beans

Monday – Dec. 5
Lunch – 11 a.m. to 1 p.m.
Chicken noodle soup, cream of mushroom soup, baked chicken,

chili macaroni, Caribbean fish, vegan pierogy with marinara sauce, brown rice and tomatoes, mashed potatoes, carrots, broccoli, lima beans
Dinner – 5 to 7 p.m.

Oriental pepper steak, roast pork tenderloin, chicken lasagna, macaroni and cheese, parslied steamed potatoes, spinach, corn, peas and carrots

Tuesday – Dec. 6
Lunch – 11 a.m. to 1 p.m.

Texas tortilla soup, cream of chicken soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties with onions, beef enchiladas, red beans and rice, O'Brien potatoes, Mexican rice, green beans, mixed vegetables, Mexican corn

Dinner – 5 to 7 p.m.
Jerk turkey, hamburger yakisoba, chicken fajitas, vegetarian nuggets, rice pilaf, baked sweet potatoes, Spanish rice, cauliflower au gratin, Brussels sprouts combo, pinto beans

Wednesday – Dec. 7

Lunch – 11 a.m. to 1 p.m.
Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken parmesan, vegetable pizza, mashed potatoes, parslied egg noodles, mustard greens, corn, lima beans
Dinner – 5 to 7 p.m.

Santa Fe glazed chicken, meat loaf, Cajun baked fish, breaded pork fritters, vegetable egg rolls, steamed rice, lyonnaised potatoes, carrots amandine, broccoli

Thursday- Dec. 8
Lunch – 11 a.m. to 1 p.m.

Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable pizza, salmon croquettes, pepper steak, steamed rice, fried rice, garlic-roasted potato wedges, Brussels sprouts, pinto beans, broccoli combo
Dinner – 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, lemon baked fish, Spanish rice, steamed rice, Spanish style beans, carrot and celery amandine, Mexican corn, green beans
Menus are subject to change without notice

Holiday Worship Services

Catholic Services:
Main Post Chapel
Dec. 8: Feast of the Immaculate Conception, 11:30 a.m.
Dec. 24: Mass, 10 p.m.
Dec. 25: Mass, 9:30 a.m.
Dec. 31: Mass, 5:30 p.m.
Jan. 1: Mass, 9:30 a.m.
AMEDD Chapel
Dec. 8: Feast of the Immaculate Conception, 7 p.m.
Dec. 18- Jan. 2: No Mass
Dodd Field Chapel
All Sunday Masses in December: 12:30 p.m.
Dec. 24: Children's Mass, 5 p.m.
Dec. 25: No Mass
Jan. 1: No Mass
Protestant Services:
Main Post Chapel
Dec. 18: Christmas Cantata,

8 and 11 a.m.
Dec. 24: Candle-light Service, 7 p.m. (Combined Protestant)
Dodd Field Chapel
Dec. 14: PWOC Christmas Program, 9:30 a.m.-noon
Dec. 24: Samoan Christmas Eve Service, 7 p.m.
Dec. 31: Samoan New Year's Eve Service, 7 p.m.
Dec. 31: Gospel Watch Night Service, 10 p.m.
Jewish Services
Main Post Chapel
Dec. 23: Chanukah Celebration, 8 p.m.
Dec. 23: Oneg Shabbat, 8:30 p.m.



Journey to Bethlehem Volunteers Needed
The "Journey to Bethlehem" is an interactive experience for people of all ages as the chapel staff recreate Bethlehem Village on the grounds of Main Post Chapel from 5:30 to 8:30 p.m. Dec. 8-10. Actors are needed to be shop keepers, tribal leaders, Roman soldiers, and there are several more volunteer opportunities. This program is open to the entire JBSA community. For more information or to volunteer, call 221-5006.

REMINDER CALENDAR

Dec. 1 Tattoo and Retreat Ceremony for Lt. Gen. Guy C. Swan III, 4 p.m., FSH Quadrangle

Dec. 1 Holiday Tree Lighting, 5-8 p.m., Post Flagpole

Dec. 2 11th Annual Neanderthal Run, 6:30 a.m., Camp Bullis

Dec. 2 Army North Relinquishment of Command & Retirement Ceremony, 10 a.m., FSH Quadrangle

Dec. 5 MEDCOM Change of Command, Change of Responsibility, 9 a.m., MacArthur Field

For Sale:

Palm Zire 71 handheld PDA includes USB hot synch computer cradle, power adapter, camera, desktop software and case, \$30.

Four blue pinch-pleated drapery panels, 24 inches wide by 84 inches long, foam backed with tie backs and valance 40 inch wide by 14 inch long, excellent condition,



washable from JC Penney, \$20/set drapes, valance and two tie backs. Two blue pinch-pleated drapery panels, 40 inches wide by 84 inches long, foam backed with two tie backs and two valances, 40 inches

wide and 14 inches long, excellent condition, washable from JC Penny, \$40. Croscill queen-size reversible comforter including two shams, dust ruffle and matching curtains, each curtain panel is 62 inches wide by

84 inches long, with tie backs, \$50. Call 495-2296.
For Sale: Twin bed with mattress, excellent condition, \$200, also selling other household goods. Call 646-9680 for details.